

The Gift of Dissatisfaction

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What do you do when boredom strikes or a suffocating amount of dissatisfaction permeates you from the inside out? The coping mechanisms that many often resort to in the effort to diffuse such feelings are all too readily available, in fact often warranted and advertised as attractive options. Another painfully dissatisfying day at the office in that job you never wanted to begin with but managed to score by way of nepotism right out of college? Grab a drink, it will dilute that beautifully rich fuel of appropriately placed dissatisfaction into a past memory, until tomorrow at least.

But what if that gnawing dissatisfaction is actually a rich resource for your to tap into, to ignite a fire under your ass to take your life back into your hands? What would happen if you stopped diffusing such a rich resource with liquid numbing agent or draining past times such as TV and instead recycled that deep-seat dissatisfaction into an opportunity to explore what lives beyond it.

Dissatisfaction and boredom can be the very tool needed to get clear on what we truly can not handle any more. This is how great change is initiated, from the civil right movements to addicts changing lives from the bottom up. However, if we are constantly distracting ourselves from feeling such boredom with the variety of things so readily available, even condoned in our culture, we might never actually hear, and most importantly **feel**, the wake up call. And this, my friends, is a call we want to be painstakingly present to answer. It is this very call that once heard, actually has the potential to change our lives, once we choose to listen.